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What is a Brain freeze?

Introduction

Brain freeze is a headache. It is also known as the Ice Cream headache. Humans sometimes experience this brain numbing feeling. It is a brief pain that can occur in both hot and cold conditions. Its scientific name is Sphenopalatine ganglioneuralgia.

How Brain Freeze happens

Brain freeze happens when a person eats something too quickly. It occurs when something very cold touches the upper palate of the mouth. This makes the trigeminal nerve react and your face will redden.

What happens?

Brain freeze causes brief pain. During a brain freeze, pain can be felt but it does not last for a long time. However I you are unlucky it can last up to 10-15 minutes.

How Brain Freeze can be prevented

Brain freezes can be prevented in different ways. It can be prevented by drinking liquid that is warm or by making your tongue touch the upper palate. These ways can cool down a brain freeze.

Conclusion

Brain freeze is a short pain. If you do not want a brain freeze – do not consume very hot or cold food too quickly.